



# Gilda Comes to You

## June 2017

	<u>Support Groups</u>	<u>Workshops</u>	<u>Lectures</u>
<p><b><u>Kings County Hospital Center for Cancer Care</u></b>            451 Clarkson Avenue            Brooklyn, NY 11203            C-building 4<sup>th</sup> Floor (Red Door)</p>	<p><b>Cancer Support Group</b>            Wednesday, June 7, 14, 21            11:30am-1pm</p> <p>Wednesday, June 28            1:30-3pm</p>	<p><b>Moving For Life: Gentle Aerobics</b>            Wednesday, June 7            1:30-2:30pm</p> <p><b>Sound and Movement Meditation</b>            Wednesday, June 14            1:30-2:30pm</p> <p><b>Moving For Life: Seated Yoga</b>            Wednesday, June 21            1:30-2:30pm</p>	<p><b>Improving Your Access to Health Care and Resources</b>            Wednesday, June 28            11:30am-1pm</p>
<p><b><u>Montefiore Einstein Center For Cancer Care</u></b>  <b><u>Montefiore Medical Park</u></b>            1521 Jarret Place            Bronx, NY 10461            Piso 2-sala de Conferencia</p>	<p><b>Mujeres Unidas- Grupo de Apoyo para Cáncer de Seno</b>            Todos los lunes de junio            9-10:30am</p>		
<p><b><u>Montefiore Medical Center</u></b>  <b><u>The University Hospital for Albert Einstein College of Medicine</u></b>            111 East 210<sup>th</sup> Street            Bronx, NY 10467            Northwest/Blue Zone            2<sup>nd</sup> Floor Day Room</p>	<p><b>Cancer Support Group</b>            Every Tuesday            10-11:30am</p>		
<p><b><u>The Mount Sinai Hospital</u></b>  <b><u>Ruttenberg Treatment Center</u></b>            1470 Madison Avenue            (btw East 101<sup>st</sup> &amp; 102<sup>nd</sup>)            New York, NY 10029            3<sup>rd</sup> Floor, Conference Room 105            3er piso, Cuarto de Conferencias 105</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b>            Todos los miércoles de junio            10-11:30am</p>		<p><b>Skin Care Before, During and After Cancer</b>            Thursday, June 15            1-2:30pm            3<sup>rd</sup> Floor- Conference Room 105</p>
<p><b><u>Queens Cancer Center</u></b>            82-68 164<sup>th</sup> Street            Jamaica, NY 11432</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b>            martes, 13 de junio            11am -12:30pm            1er Piso- Sala de Conferencias</p>		<p><b>Cómo Tomar Decisiones Sobre Mi Tratamiento</b>            viernes, 9 de junio            2-3:30pm            5<sup>th</sup> Floor, Room A-540</p>

### **Amigos Unidos-Grupo de Apoyo**

Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias su sabiduría, sus preocupaciones y sus esperanzas.

### **Cancer Support Group**

This group will provide men and women living with any type of cancer the opportunity to share their wisdom and first hand experiences.

### **Mujeres Unidas-Grupo para Cáncer de Seno**

Está viviendo con cáncer de seno? Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.

## LECTURES

### **Cómo Tomar Decisiones Sobre Mi Tratamiento**

**viernes, 9 de junio 2017; 2-3:30pm**

**Facilitadora: Natalia Calderón, M.D.; Oncóloga  
Queens Cancer Center**

En el momento que uno recibe el diagnóstico de cancer, se puede sentir muy confundido y ansioso. Tal vez no sepa cuáles preguntas hacerle a su médico, o sienta la presión de tomar inmediatamente una decisión sobre su tratamiento. Saber la mejor manera de tomar esas decisiones, es tan importante como las decisiones mismas. La Dra. Calderón le ayudará a navegar el proceso de tomar decisiones informadas sobre su tratamiento. La doctora le ofrecerá sugerencias de cómo comunicar de manera eficaz con su equipo de cuidado médico. También explicará porqué, y cómo, las decisiones tomadas al inicio del tratamiento, afectan sus futuras opciones.

### **Skin Care Before, During and After Cancer**

**Thursday, June 15, 1-2:30pm**

**Facilitator: Beth McLellan, M.D., Assistant Professor of Dermatology  
Mount Sinai Hospital Rutenberg Treatment Center**

Many cancer therapies can affect the skin, hair, and nails and these side effects can present a range of challenges. Join Dr. Beth McLellan, a board-certified dermatologist who specializes in treating cancer patients as she explains ways to prevent and treat these side effects before, during, and after cancer treatment.

### **Improving your Access to Health Care and Resources**

**Wednesday, June 28, 2017 11:30am-1pm**

**Facilitator: Julia Ramirez, Community Outreach Manager of the Memorial Sloan-Kettering Immigrant Health and Cancer Disparities Center  
Kings County Hospital Center for Cancer Care**

This lecture will address barriers to health care including issues related to how well you understand and communicate about your health, cost of care, immigration status, time off from work, insurance, language, and trust in and knowledge of the health care system.

## WORKSHOPS

### **Moving For Life: Gentle Aerobics**

**Wednesday, June 7, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/RSME**

**Kings County Hospital Center for Cancer Care**

Regain the joy of movement and a sense of well-being through Moving For Life's exercise program that combines music and dance to help relieve the side-effects associated with cancer treatment such as fatigue, weight changes, lymphedema and joint or bone pain.

### **Sound and Movement Meditation**

**Wednesday, June 14, 2017; 1:30-2:30pm**

**Facilitator: Dani Katz, RYT P-RYT**

**Kings County Hospital Center for Cancer Care**

Relieve stress, energize your body and improve your focus through meditation. Learn simple ways to use your breath, gentle movements and sound to connect with your body and relax the mind in this easy-to-follow class. You will take away tools you can use for a lifetime.

### **Moving For Life: Seated Yoga**

**Wednesday, June 21, 2017; 1:30-2:30pm**

**Facilitator: Dana Davison, RSMT/RSME**

**Kings County Hospital Center for Cancer Care**

Yoga can help you manage and reduce the effects of stress. Seated Yoga offers a supportive environment for participants to learn and practice gentle chair-based yoga postures in an effort to connect with his/her body on the living-with-cancer journey. This workshop also incorporates breathwork and meditation techniques.

Thank you to our sponsors for their generosity and support of our program



NYS Department of Health



**For more information on lectures, workshops and support groups please call Fran Castellanos-Ross @ 212-647-9700; Ext.245.**

**GILDA'S CLUB NEW YORK CITY MISSION:** To support, educate, and empower individuals living with cancer and their families.